

# generations yoga center™

## Introduction to Yoga Series *All ages welcome!*

**Fee: \$60**

(Generations Yoga Intro to Yoga Workbook included)

This class is designed specifically for those individuals with little or no yoga experience. It can also be a great refresher for those who haven't stepped onto their mat for quite some time and are preparing to resume their practice. *In this four class series you will learn...*

- **breathing techniques** to help create body awareness while relaxing the mind
- **basic sitting and standing poses**
- **sequencing** that can be applied to your home practice

Through this class, students will be introduced to the fundamentals of a basic yoga class and will receive the essential knowledge needed to comfortably participate in any of our beginner classes.

Intro to Yoga with **Rebecca**

Sunday's / 12:00 – 1:15pm

(SE-146)

**4 weeks / Jan 10<sup>th</sup> to Jan 31<sup>st</sup>**



 generations  yoga center.

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